Oregon
S C I E N T I F I C
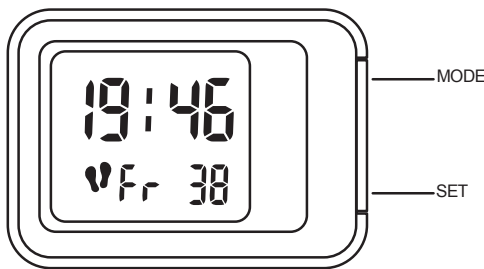
Slimfit 3D Pedometer
MODEL: SP200
USER MANUAL

INTRODUCTION

Thank you for selecting the Oregon Scientific™ Slimfit 3D Pedometer (SP200). The PE200 is a 3D sensor type pedometer that can detect steps in any dimension it is carried. It is equipped with clock, 7-day memory, step, speed, distance, fat burn and calorie counter functions.
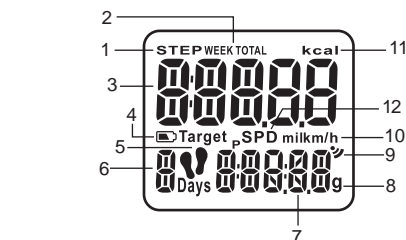
IMPORTANT Do not immerse the pedometer in water.

CONTROL BUTTONS

— MODE

— SET

1. **MODE**: Toggle between main modes; increase values
2. **SET**: Toggle between sub modes; confirm and move to next setting option
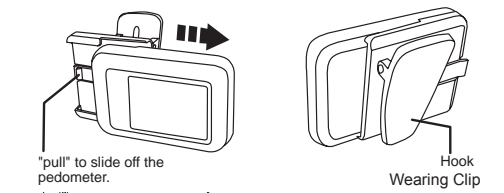
LCD

1. Pedometer Mode
2. Indicates total data within a week
3. Displays Time number of step or step walked
4. Battery Display
5. Indicates step counter is On
6. Indicates on which day (1-7) before is displayed data recorded
7. Displays indicates current speed or calorie. reading or distance walked. (Time / Max Average speed / exerise Time)
8. Unit (grams / calorie)
9. Indicates alarm is On
10. Distance Unit (Miles / Kilometres) per hour
11. Indicates calorie mode
12. Indicates speed

GETTING STARTED

ACTIVATE PEDOMETER (FIRST-TIME USE ONLY)

- **Carrying the pedometer**
The SP200 can be carried on the waist, around the neck or in pockets and handbags by using detachable clip provided.

"pull" to slide off the pedometer.

Hook
Wearing Clip

NOTE For most accurate measurement, please clip the pedometer onto the belt, or insert into a tight secure pocket.

- **Set time and user data**
To effectively use the pedometer for calculating fat burn and calorie burned (based on step count and user body weight) and speed and distance walked (based on step count and user's height or calibration), you are advised to set the time and your user data in the Setting Mode. Refer to Setting Mode in this manual.
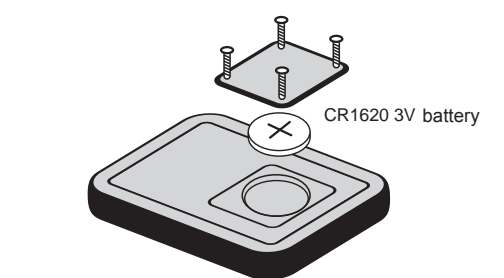
IMPORTANT Remember to set the time and your user data after every battery replacement.

BATTERY REPLACEMENT

The pedometer uses a CR1620 3V battery, which has already been installed.
▣ Indicates battery power is low.

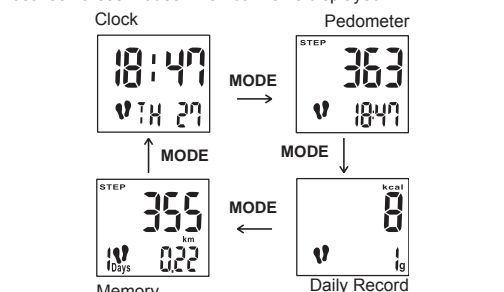**To replace battery:**

CR1620 3V battery

1. Use a small Phillips screwdriver to remove battery compartment lid. Once opened, please keep the screws in a safe place to avoid losing them.
2. Remove the old battery and insert the new one, matching the polarities.
3. Replace the lid by screwing it back into place using a Phillips screwdriver.

NOTE When the battery compartment is opened or battery is replaced, all data in the pedometer will be reset.
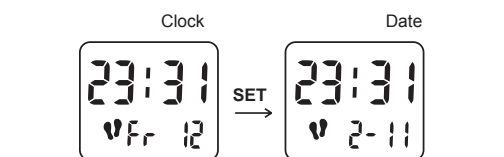
OPERATION MODES

The SP200 has 4 modes of operation. Press **MODE** to navigate between these modes when banner is displayed.

Clock
Pedometer
MODE
MODE
MODE
MODE
Memory
Daily Record

CLOCK MODE

In the Clock Mode, you can:
- view the time and calendar

Clock
Date
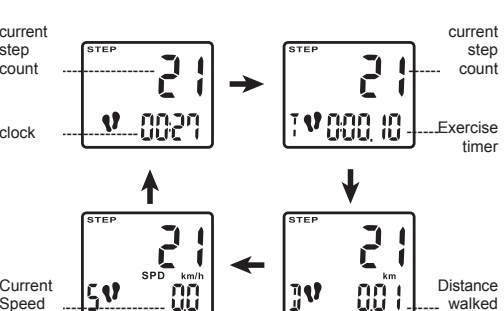SET

Press **SET** to toggle between displays:
REMARK Press **MODE** to move to Pedometer mode.

PEDOMETER MODE

In the Pedometer Mode, you can:
- view the current step count and clock
- Exercise timer
- Distance walked
- Current Speed

Press **SET** to toggle between displays:

current step count
current step count
clock
Exercise timer
Current Speed
Distance walked

REMARK Press **MODE** to move to Daily Record mode.
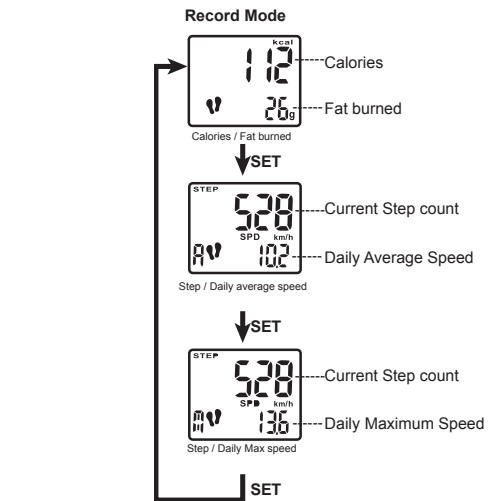**NOTE** The Distance and Exercise timer will be reset automatically to zero at midnight.

DAILY RECORD MODE

In the Daily Record Mode, you can view:
- Calories burned
- Fat burned
- Current Step count
- Average Speed
- Maximum Speed

Press **SET** to toggle between displays:

Record Mode
— Calories
— Fat burned
Calories / Fat burned
↓ SET
— Current Step count
— Daily Average Speed
Step / Daily average speed
↓ SET
— Current Step count
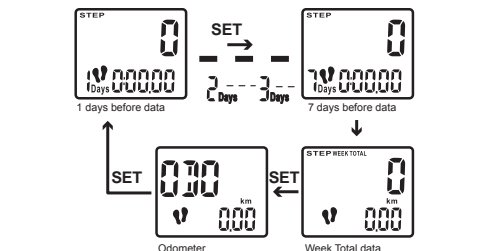— Daily Maximum Speed
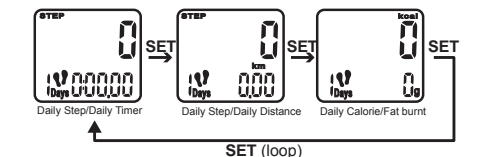Step / Daily Max speed
↓ SET

REMARK Press **MODE** to move to Memory mode.

MEMORY MODE

In the Memory Mode, you can view the records of your steps, distance, fat burned and timer for the past 7 days and week total accumulated data.

1. Press **MODE** to enter the Memory Mode.
2. Press **SET** to select which day to view, week total data and odometer.

1 days before data
7 days before data
SET
SET
Odoemter
Week Total data

In the day's record, the pedometer will automatically toggle between daily step counts, exercise timer, distance calorie and fat burned.

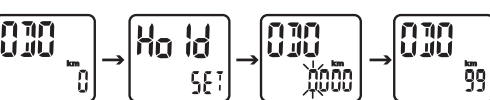Daily Step/Step/Timer
Daily Step/Step/Distance
Daily Calorie/Fat burnt
SET (loop)

NOTE Unit automatically toggles between screen displays.
REMARK Press **MODE** to return to Clock mode.
TIP Odoemter Save

- You can input the distance walked after changing battery or performing total reset.
- Please write down the accumulated distance walked before changing battery or performing total reset function.

To reset odometer save:

1. Press and hold **SET** to input the values.
2. Press **MODE** to increase values.
3. Press **SET** to confirm and move to next digit.

NOTE Odometer will be reset to zero after TOTAL RESET or when the battery is replaced.

RESET THE PEDOMETER

After the INITIAL SETTING of the unit, there are 2 resetting procedure for user to reset the data.

- **Total reset the pedometer**
1. Press **MODE** to enter the Clock Mode.
2. Press and hold both **MODE** and **SET** to total reset the pedometer.

- **Reset the daily record data**
1. Press **MODE** to enter the Pedometer Mode.
2. Press **SET** to toggle to the Exercise Timer record.
3. Press and hold both **MODE** and **SET** to reset the daily record.

SETTING MODE

INITIAL SETTING
Setting Units

1. Press **MODE** to select measurement unit.
2. Press **SET** to confirm and move to the next setting option.

The setting sequence is: distance, time, calendar, weight, Height and calibration.

NOTE Once measurement unit has been set in the initial setting, all other units will automatically follow the same format.

Item	Measurement Setting option	
Distance	Km	Mi
Weight	Kg	Lbs
Height	Cm	in

NORMAL SETTING

You can set below data after initial setting:
- Clock and calendar
- Weight
- Height
- Calibration

Clock and Calendar setting

1. Press **MODE** to enter the Clock Mode.
2. Press and hold **SET** to set values
3. Press **MODE** to increase values
4. Press **SET** to confirm and move to the next setting option.

The setting sequence is: 12 / 24 time format, time (hour, minute and second), calendar (year, month and date).
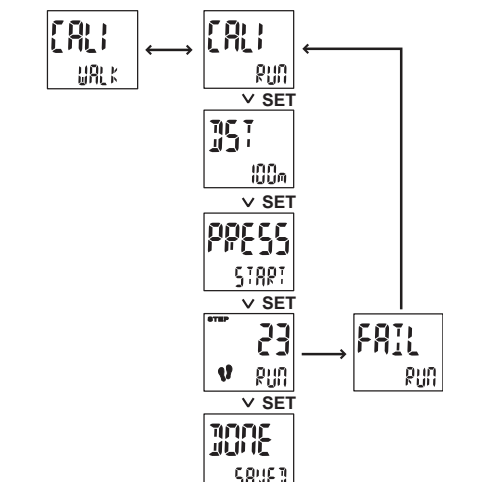
Weight, Height and calibration setting

1. Press **MODE** to enter the Pedometer Mode.
2. Press and hold **SET** to set values.
3. Press **MODE** to increase values
4. Press **SET** to confirm and move to the next setting option.

The setting sequence is: weight, Height and Calibration (Run / Walk).

Calibration in RUN or WALK setting

1. Press **MODE** to enter the Pedometer Mode.
2. Press and Hold **SET** to set values.
3. Press **MODE** to select YES or NO for Calibration.

To select NO for calibration:
It will be returned to Pedometer Mode.

NOTE The pedometer will be calibrated automatically based on user's height if user select NO for calibration.

To select YES for calibration:
1. Press **MODE** to select YES, the pedometer
2. Press **MODE** to select RUN or WALK
3. Press **SET** to confirm and moving to the next setting option.
4. Press **MODE** to increase values for distance setting.
5. Press **SET** to confirm and press once more to start calibration or press **MODE** to move back to the Calibration setting mode.
6. After RUN or WALK for calibration, press **SET** to finish.
7. Press **SET** or **MODE** to proceed step (2) to (6) again.
8. Completed the calibration process.

SPECIFICATIONS

Real time clock	12 / 24 format with hour/ minute
Step measurement range	0 - 99,999 steps
Distance measurement range	0 – 99.99 km or mile
Odoemter	9999km or mile
Calorie measurement range	0 – 99,999 Kcal
Fat measurement range	0 –15,000 g
Body height range	150cm – 249cm or 40" – 99"
Body weight range	50kg – 219kg or 66lbs – 479lbs
Exercise timer range	23 hrs 59 mins
Stopwatch measurement capacity	9 hrs 59 mins 59.99 sec
Power	1x CR1620 3V battery
Operating temperature	-10°C to 40°C
Storage temperature	-20°C to 60°C

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive of corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the device thoroughly after each training session. Never use the product in hot water or store it when wet.
- Do not subject the product to excessive force, shock dust temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamer with internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your device serviced by an approved service centre annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

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If you're in the US and would like to contact our Customer Care department directly, please visit:
https://us.oregonscientific.com/service/support.asp
For international inquiries, please visit: https://us.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Slimfit 3D pedometer (Model: SP200) is in compliance with EMC directive 2004 / 108 / EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.